DOCUMENT RESUME

ED 083 126 SP 006 855

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TITLE A Comparison of the Motor Performances of Boys and Girls in the Lower Elementary Grades.
PUB DATE Feb 73
NOTE 2p.; Paper presented at the Southern District Convention of the American Association for Health, Physical Education, and Recreation, Jackson, Miss., February 1973

EDRS PRICE MF-$0.65 HC-$3.29
DESCRIPTORS Children; *Exercise (Physiology); *Motor Reactions; *Muscular Strength; *Physical Education; *Psychomotor Skills; Sex Differences

ABSTRACT

This study investigated the possible differences in motor performance between 6- to 9-year-old boys and girls. Forty-eight test items which measured muscular strength, muscular endurance, cardiovascular endurace, power, speed, agility, flexibility, and balance were administered to 238 boys and 183 girls. The t ratio indicated that boys were significantly superior to girls of corresponding age in areas of muscular strength, muscular endurance, cardiovascular endurance, power, speed, and agility. The girls were significantly superior in the areas of flexibility and static balance. No significant difference were noted in the scores for either groups on the tests for dynamic balance or modified pull-ups. (BRB)

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A COMPARISON OF THE MOTOR PERFORMANCES OF BOYS AND GIRLS IN THE LOWER ELEMENTARY GRADES*

by

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SP 006 855

This study is a division of a much larger study involving the following purposes:

1. To construct motor fitness test batteries for boys and girls in the lower elementary grades.
2. To construct gross muscular strength test batteries for the lower elementary grades.
3. To determine the differences between the motor fitness levels of boys at the various age levels on each test item, and the differences between the motor fitness levels of girls at the various age levels on each test item.
4. To determine the difference between the motor fitness level of boys and girls in the lower elementary grades.
5. To construct norms for boys and girls in the lower elementary grades.

The purpose of this division of the study was to investigate the possible differences in motor performance between boys and girls in grades one, two, and three whose ages ranged between six and nine years.

To accomplish the purposes for the entire study, forty-eight test items, which were purported to measure muscular strength, muscular endurance, cardiovascular endurance, power, speed, agility, flexibility, and balance, were administered to a sample of 238 boys

* This study was presented at the Southern District American Association for Health, Physical Education and Recreation Convention held in Jackson, Mississippi, in February, 1973.

and 183 girls age six to nine years. The following twenty-six test items were utilized in this division of the study: (1) vertical jump; (2) modified pull-ups; (3) 50 yard dash; (4) 10 yard dash; (5) bent arm hang; (6) dodging run; (7) modified push-ups; (8) Scott obstacle race; (9) Illinois agility run; (10) 6 second run; (11) standing broad jump; (12) leg lift; (13) grip strength; (14) Bass balance - lengthwise; (15) Bass balance - crosswise; (16) Wells sit and reach; (17) railwalk; (18) 600 yard run-walk; (19) McCloy's endurance ratio; (20) time limit shuttle run; (21) 300 yard run; (22) arm flexion on the back flexibility; (23) neck flexion-extension flexibility; (24) leg flexion-extension flexibility; (25) trunk-hip flexion; (26) wrist flexion-extension flexibility.

Using the t ratio for independent means, the statistical analysis indicated that the boys age six to nine years were significantly superior to the girls of corresponding age in the areas of muscular strength, muscular endurance, cardiovascular endurance, power, speed, and agility. The girls age six to nine years were significantly superior to the boys of corresponding age in the areas of flexibility and static balance. No significant differences were noted in the scores for boys and girls on the test for dynamic balance or the modified pull-ups.